



St. Joseph County Health Department

"Promoting physical and mental health and facilitating the prevention of disease, injury, and disability for all St. Joseph County residents"

Extreme Heat Public Health Advisory

Due to high daily temperatures and heat index potentially reaching over 100 degrees for the next several days, the St. Joseph County Department of Health is issuing a Public Health Advisory. Exposure to extreme heat outdoors, or the inability to cool down, can cause serious life-threatening health problems.

The St. Joseph County Department of Health wants to remind the public to take the following important precautions to prevent heat-related illness and injury:

- Wear appropriate clothing- light & breathable.
- Stay cool indoors, if able.
- Schedule outdoor activities carefully.
- Pace yourself.
- Wear sunscreen.
- Do not leave children or pets in cars.
- Avoid hot and heavy meals.
- Drink plenty of water to replace important salts & minerals (Stay away from very sugary or alcoholic drinks).
- Keep your pets hydrated and be sure check asphalt temps before taking them for walks.
- Know the signs and symptoms of heat related illness.
- Check in on those at high risk (young children, older adults, individuals with chronic conditions, individuals without central air).

The City of South Bend's community centers are open as cooling spaces as well as local libraries. See below for locations and hours of operation:

- Charles Black Community Center
 - Monday – Thursday: 9a-9p
 - Friday: 9a-5p
 - Closed Saturday and Sunday
- Howard Park Event Center
 - Monday – Friday: 8a-8p
 - Saturday: 10a-8p
 - Sunday: 1p-5p
- O'Brien Fitness Center
 - Monday – Friday: 5a-9p
 - Saturday: 7a-4p
 - Sunday: 9a-2p

- Pinhook Community Center
 - Times vary, by appointment.
- St. Joe County Public Library
 - Check with your local library.

HEAT-RELATED ILLNESSES

| WHAT TO LOOK FOR | WHAT TO DO |
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| HEAT STROKE | |
| <ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) | <ul style="list-style-type: none"> • Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink |
| HEAT EXHAUSTION | |
| <ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) | <ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour |
| HEAT CRAMPS | |
| <ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms | <ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems |
| SUNBURN | |
| <ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin | <ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters |
| HEAT RASH | |
| <ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) | <ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash |




For more information, please visit the Centers for Disease Control & Prevention at <http://www.cdc.gov> and stay up to date with information by following the St. Joseph County Department of Health on social media (Facebook, and Twitter).